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five



states
arcane



dysania

I should change the

sheets, I suppose

it's too safe to keep

closing my eyes but

it's not like I sleep

ephemeral

in-between breaths, perhaps

there lie moments

of not absolute despair

they tell you that you must breathe

anyway

ALEXITHYMIA

How , exactly?

When you're asked to
justify a feeling that
you had once, or

explain your mindset

when you were

out of your mind,
clearly

HOW, exactly?

do you find any words
that would help anyone
understand,

let alone yourself?